



FASHION:
Lingerie designer
Christina McFadden
likes muted hues **P. 4**

EVENTS:
What you need to
know to plan your week
in Regina **P. 18**

WINE WORLD:
A sophisticated drink to
match grownup tastes
P. 23

REBUILDING A NATION

THE WISDOM OF CREE ELDERS
AND THE URGE TO DEFEND HER HOME
INSPIRE AND MOTIVATE
AUTHOR AND LAWYER SYLVIA MCADAM
P. 6



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

By **SALLY MEADOWS**

Organized Obstacles: An Underdog Anthology

Have you ever been mistreated, misunderstood, underestimated or played under by demanding circumstances? Then you will no doubt relate to the 13 real-life stories in *Organized Obstacles: An Underdog Anthology*. This anthology shares the tales of individuals from all walks of life who have overcome the odds to become successful authors, speakers, entrepreneurs, musicians and community leaders. This book proves that sometimes our obstacles have been separated for our opportunity.

I am one of the authors—the only Canadian—who contributed to this book. I have told tale an underdog a few times in my life. To me, an underdog is someone who has under-



Sally Meadows

the radar—at least, initially—or someone who is treated unfairly by others. I touch on a few of these experiences in my story *Choosing to Prize Himself*. Most of my story focuses on my journey to reach entry and how I have been able to rise above years of being pushed down and dismissed by others to become a featured national award-winning singer/songwriter and contributing author to a No. 1 bestselling book in this world where there is so much injustice. It's incredibly uplifting to read stories of people who have risen to a life of victory despite difficult

circumstances.

I am in amazing company in this book as the contributors include two *New York Times* and *Amazon* bestselling authors. The stories are widely varying, from challenges experienced with poverty to serious illnesses, to financial and personal loss, from heartbreak, to bullying and sexual empowerment, from losing a leg to a car accident to spousal abuse and more. But most importantly, these are stories about hope and resilience.

When we experience difficult things in our lives, they either break us, or make us stronger. If you are looking for inspiration for challenging circumstances in your own life, look no further than *Organized Ob-*

stacles: An Underdog Anthology.

Organized Obstacles: An Underdog Anthology (paper) price: \$19.99 is available at sallymeadows.com/store, *McNally Robinson Bookellers* (416-593-0100) and a myriad of online stores including Amazon.ca.

To learn more about my personal journey as a writer and musician, you can connect with me on Facebook or Facebook.com/*SallyMeadowsMusic*. YouTube: youtube.com/SallyMeadowsMusic and Twitter: @SallyMeadows.

To learn more about the contributors to this book, please go to organizedobstacles.com.

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INDEX

ON THE COVER P. 6



Sylvia McArdle, the co-founder of Life No Limits, considers herself a mother and grandmother first and journalist. **PHOTOGRAPH BY BOMBS**

TABLE OF CONTENTS

READ MY BOOK — 2

Tales of those who have overcome the odds and achieved success.

FASHION — 4

Umpqua designer was coveted award at Saskatchewan Fashion Week.

ON THE COVER — 6

The wisdom of Cree elders and the urge to defend her home inspire and motivate author and lawyer Sylvia McArdle.

IN THE CITY — 12

The wisdom of Cree elders and the urge to defend her home inspire and motivate author and lawyer Sylvia McArdle.

ARK BULL — 18

ON THE SCENE — 14

The Regina Jazz Society presents Regina Riot at The Retro.

RECIPES — 16

Summer time is salad time, when everyone is in the mood for something light and refreshing.

CROSSWORD/SUDOKU — 17

EVENTS — 18

What you need to know to plan your week. Send listings to: qc@leaderpost.com

GARDENING — 21

Plant: Followed to attract monarch butterflies.

OUTSIDE THE LINES — 22

A weekly colouring contest for kids of all ages by artist Stephanie Leclay.

WINE WORLD — 23

A sophisticated drink to match grown up tastes.

GARDENING P. 21



If you're worried about the survival of the monarch butterfly in your part of the world, add some plants or weeds collected to your flower borders. **PHOTOGRAPH BY BOMBS**

QC COVER PHOTO BY LIAM RICHARDS

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Healthier Person is editor Jerrn Sharp is associate editor. For advertising inquiries contact 386-6221; editorial 1-855-688-6557; home delivery 386-6202.

Hours of operation are Monday to Friday 9:30 a.m. to 4:30 p.m.

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FASHION

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REGINA FASHION

Christina McFaddin: Lingerie is designer's passion



Christina McFaddin won the year's emerging designer award at Saskatchewan Fashion Week.
QC PHOTO BY DON KELL

Model showcases Christina McFaddin's designs as the 14th year's QC PHOTO BY MICHAEL BELL

By Ashley Martin

Moms knew best. Or at least, Christina McFaddin's mom knows best.

After graduating high school in Brandon in 2009, McFaddin was all set to attend the local university to become an English-as-a-second-language teacher.

Her mom Cheryl changed her path with one simple question:

"[She] just casually asked if that's what I wanted to do and I was like 'well, it's fine. I would like to do fashion design but it's not as serious because you can't take that in Manitoba,'" said McFaddin, who won this year's emerging designer award at Saskatchewan Fashion Week (SFW).

And she was like: "If that's what you want to do, you should do that."

Without that exchange, "I wouldn't have gone into fashion design," said McFaddin, who started her lingerie line, *Wear of the Main*, two years ago.

Instead of staying in Brandon, she took a risk and applied to the Art Institute of Vancouver, enrolling in the fashion design and merchandising program.



FASHION

Fashion was a budding interest in McFadden's teen years. She had always liked sewing but started ditching clothes in high school. The summer after Grade 11 she bought a sewing machine and started teaching herself.

Her first hint of designing lingerie came during a class assignment in November when she was even happier when she got a job as assistant for lingerie designer Chris Kopeck.

It was like a new education — making lingerie is "not at all similar to sewing clothing," said McFadden. The machines, materials and pattern making are all different.

McFadden loved it. "I love the colour palettes and the lines. It's beautiful," she said.

It was important for her design choices which "has always been quite feminine" and subtle.

"I'm not a huge colour person," said McFadden. "I just want everything to blend together smoothly while still knowing sure it's not boring. It's kind of fun to take these muted, down colours and still be able to give a lot of new fabric."

She aims to make pieces that are feminine, comfortable and affordable.

"I want to be able to have a product that is something special. It's handmade and it's made just for you just for your body type," said McFadden.

Lingerie is personal — some women keep it to themselves, but increasingly lingerie peeks a baw from sheer clothing.

"People are starting to wear sheer garments when you can see your body in the bra, where they're starting to wear body suits with high-waisted skirts and pants," said McFadden. "I'm taking that into consideration and trying to make some of my pieces more wearable."

She uses 30 source materials with Canva. She's heading to Montreal in July to get fabrics for her spring/summer 2016 collection, which will be shown in November at Dean McFadden's Montreal Fashion Institute.

McFadden's style is "pretty minimalist. I don't like to stand out very much."

She favours black and grey. With a sweater top today. "This is a very colourful day for me."

"I don't like to draw a lot of attention to myself, which is quite the opposite of what I want to do with lingerie," added McFadden.

"I think that you're able to make a point without needing to be over-the-top without needing to use red and fuchsia and all those colours — which are beautiful, just not for me."



- 1 COATS: Urban Outfitters
- 2 SHEET: H&M
- 3 RINGS: Le Chateau
- 4 PANTS: Ardis
- 5 SHOES: Miu Miu

UNDERWEAR: Her own designs. "They just fit me better and they feel more comfortable and then I just see in them too."

QC PHOTOS BY DON HEALY

ON THE COVER

I am protecting and defending my home.
These are my homelands. — Sylvia McAdam

#SYLVIA MCADAM (SAYSEWAHMU)

Back to the basics for grassroots leader

By Kerry Bonjoe

Sylvia McAdam (Saysewahmu) is not one to sit back and let things happen.

"I refuse to be silent," she said from her home on the Big River First Nation.

However, the co-founder of the biggest grassroots movement in Canada considers herself a mother and grandmother first and foremost.

"I am not an activist or an environmentalist," said McAdam. "I'm on a different realm. I am protecting and defending my home. These are my home lands. These are where my people are buried."

She said there is no word in the English language that can explain it.

"In my Cree language, I am a sit man. I am protecting," said McAdam. "If environmentalism is one of our great sacred laws that is invoked in times of crisis or threats."

Her book *Nationhood Interrupted: Revitalizing Nations Legal Systems* — a compilation of life experience and elders' knowledge — is something she felt compelled to produce out of necessity. Within the book's six chapters she shares what she has learned about language, culture, laws and peaceful revolution all of which comprise nationhood.

McAdam believes First Nations people need to reclaim the old ways of governance, leadership and education.

Over the years, a growing concern for the land caused her to be more vocal.

"People need to be reminded that it wasn't Indian Act leadership that took treaty. It was a hereditary structure, an inherent structure that included women as an integral and sacred member."

"This book talks about that — the role of women and how important that is. I hope that in my lifetime that role will be revitalized and we will begin unlearning ourselves from the Indian Act. I hope that



Sylvia McAdam, who co-founded the Idle No More movement, has written a book about reclaiming Cree culture through language. (photo in lawrence) (photo in lawrence)

book surfaces and reminds that journey for all indigenous nations. I hope that becomes a template for other nations."

She has been working with elders for several years and wanted to share what she learned.

"The thing that kept coming out

of these interviews was that young people are no longer speaking the language and that information, those teachings and that knowledge, need to be recorded," said McAdam. "I thought, I speak the language as I taught as well into the spirituality and began recording it," so I got

permission from the people. I interviewed many prominent of course, to write this down."

She said no one can ever write down the spiritual laws because it's impossible.

"These are the physical laws of human beings," McAdam said about

her book. "There is a spiritual education out there, but there is nothing that specifically talks about indigenous laws. This is the first of its kind."

Although it was something that needed to be done, it was not as easy task.

"We have no authority or jurisdiction to be extinguishing treaty terms for the (next) generations."
—McAdam

PHOTO COURTESY OF SYLVIA MCADAM

"The hardest part was the translation — translating the words of the elders into the English language," said McAdam. "Anything I didn't translate properly it's my fault and not the elders so I take full responsibility for that."

While researching for the treaty had a million chapter, she stumbled across some things that has caused her great concern.

She said it is imperative that every indigenous person realize what the words mean when it comes to negotiating deals with the government. "I have no authority or jurisdiction to be extinguishing treaty terms and processes for the (next) generations," said McAdam. "We shouldn't be doing that."

Parts of her research also left her with hope.

"When I talk about treaties and how the one-square-mile treaty terms and process haven't been fully implemented and resolved," said McAdam. "That is years of economic opportunity that indigenous people have missed out on."

She hopes others will take the time and learn more about some of the things discussed in her book.

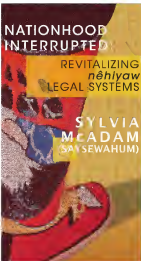
McAdam has a unique perspective on life, which has been shaped through her far and wide education and teachings for the elders.

She received her law degree from the University of Saskatchewan in 2009 and that training has helped to hone her research skills and give her the background to help indigenous Canadian laws.

McAdam was born and raised on the Big River First Nation in Northern Saskatchewan.

She grew up on a traditional writing and naming that Cree speakers.

Both her parents did not attend residential school. Neither did her grandparents, so there was no intergenerational



Sylvia McAdam's book *Nationhood Interrupted: Revitalizing Indigenous Legal Systems* is a compilation of life experience and elders' knowledge.

their traditional learning.

They then passed down their knowledge to McAdam. She believes revitalizing traditional language and using it is important, which is why she opted to use Cree words throughout her book.

McAdam uses the book as a teaching tool for readers and included a glossary of Cree words.

Neil McLeod, an associate professor at Trent University, is also an artist, author and Cree speaker. He supports

the way McAdam addresses language in her book.

"I think many and more people will start to use Cree in their writing both in terms of documenting stories, but also in terms of life's very (small) in terms of law," he said. "I think when you learn from the perspective of indigenous languages and the abuse behind them, then you don't completely different interpretation of how things are framed."

Continued on Page 8

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Every time I have heard her speak, I have been captivated by her stories and admire her skill level in the language
—Neal McLeod

He said the inclusion of a glossary is good because it helps provide more writers resources for those interested in learning Indigenous languages.

"Cree people have been writing language down since at least the 1860s with syllabics," said McLeod. "I think the modern and contemporary movement of using Cree in books will continue. Probably in the next 20 years, maybe, you will see more books that are bilingual because I think we are at the first stage where people are using key words."

He said McLeod is exceptionally smart and comes from a community where the people have a strong understanding of the language and the culture.

"I think that as time goes by she will write another book and add more layers to it," said McLeod.

"Every time I have heard her speak, I have been captivated by her stories and admire her skill level in the language."

Combining language and an understanding of western culture and law is creating very interesting scholarly work.

"For too long, I think people have been just trying to translate English writing and just tried to fit everything into conventional boxes or into English words," said McLeod. "I think if you start off with a Cree word, it opens up change in a different way so if you talk about law it's not just law in a court, it's perhaps law, the natural law — the law of the treaties and the law of the pipe, which focuses it in a completely different way which shows it is a world view."

He said he'd not go as far as when people start using more Cree law, but he agrees with McLeod about the need to use the language and use language to capture what comes naturally.

"European Canadian writers or other ethnic groups still use Latin all the time so why can't we use our own languages?" said McLeod. "I think Sylvia is creating another space where the language will be used more and more."

In addition to using the book to help refine the Cree language, McLeod plans on revisiting the issue of her grandfather's legalismism, who was an original signatory of Treaty 6.



Sylvia McLeod reads from her book *Neighborhood Inquiries: Revisiting Treaty Legal Systems* at the First Nations University of Canada in Regina in April. (Photo courtesy: McLeod, 2015) (not for distribution)

Not only did I see the beauty of the lands and waters I also began to see the devastation of logging and other activities that were happening — Book excerpt

But because it's important to not ignore and honour the past.

Superstitions have two possible meanings and both are connected to the land.

One meaning refers to the den or nest on the ground in the spruce and fir — the other means a vibration through the earth.

Idle No More started as an online discussion between four women that exploded into a grassroots global movement.

In the final chapter of McAdam's book she explains where it all started.

Her mother was Joan Whitefish Lake, also known as Big River Point Kitchen. Her father and his ancestors were from Sheslay Lake in northern Saskatchewan.

McAdam has fond memories of childhood and being on the land with her family — it was a simple time.

In the summer of 2013 she returned home.

"Not only did I see the beauty of the lands and waters I also began to see the devastation of logging and other activities that were happening. I felt grief for the devastation and development I was witnessing. I began to feel a profound and protective love for the lands in which my people were born and lived for time immemorial," she writes.

It was during this same time she became aware of the federal government's C-45 Omnibus Budget Bill.

The bill angered her because it imposed restrictions on Canada's Newfoundland Waters Protection Act, weakened Canada's Labour Code and altered the Indian Act.

McAdam, a mother of seven and grandmother of nine, said she could not live with herself if she voted by and allowed such changes to happen without speaking up against it.

Continued on Page 19



Image from the Saskatchewan Environmental Movement (SEM) website

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I think a lot of people think Idle No More is gone, but it's well established, and I think it's a slogan and movement that young people are very enchanted with. — Shannon Avison



From left: Nelly Akis Mikkil, Erica Lee, Shannon McEwen and Sylvia Moulden pose for a photo to celebrate Idle No More at the University of Saskatchewan in June 2014. (CPA photo by Michael Smith)

"I had no idea how big it would get," she said about the movement. "It is such a powerful collection of grassroots people saying, 'We you can't continue doing this. You are putting our future at risk.'"

Shannon Avison, associate professor of Indian Communication Arts in the department of Indigenous Languages, Arts and Cultures at First Nations University of Canada, said she was impressed with what the Idle No

More movement was able to accomplish primarily through the use of social media.

She has taught public relations classes and media-related classes at FNU for more than two decades and said it was interesting to see how for a small Saskatchewan-based grassroots organization was able to reach

She said what is interesting is that the movement was able to connect throughout the world with

just founders and no leader or media co-ordinator.

Generally, Aboriginal organizations and groups tend to not have dedicated public relations staff, which is what occurred with the Idle No More Movement and it is understandable, said Avison.

"The media hasn't been particularly ill-informed, and the kinds of stories they are looking for are the kinds of stories that make people

or organizations 'look bad,'" said Avison.

"It's the old, 'If it bleeds it leads' and violence in the community and sexual — that's what the media looks for because that's the type of things people read."

Unfortunately, the Aboriginal community has provided more than its share of those kinds of stories.

"So it's pretty easy to understand why indigenous organizations would be leery of reaching out to

the media," said Avison.

"I remember at the very beginning of Idle No More there was a big rally in, I believe, Ottawa and the national news didn't cover it at all, instead they covered that little monkey that got away in the IDEA parking lot."

She said that resonated with the Aboriginal community.

However, Idle No More was able to get their message out without reliance on the media.

I had no idea how big it would get.
—McAdam, on Idle No More



Sylvia McAdam is beginning a campaign to be chief of the River First Nations' govt in the near future.

"The principal of the movement is that it's grassroots and it's empowering people at the local level, as they become leaders and they co-ordinate events," said Aronson. "I think what starts out as strength becomes a challenge for the movement."

However, what made Idle No More different from other Indigenous movements is that although it was started by Indigenous people, it's not exclusively Indigenous. It's something other Canadians and organizations can support.

Aronson said it was one of the only times an Indigenous movement was able to get today's concerns into the public discourse.

"I think a lot of people think Idle No More

is gone, but it's well established, and I think it's a slogan and movement that young people are very excited with, and I think it has tremendous potential," said Aronson. "I think it will continue to be a force to be reckoned with and not a force in a negative way, but a force in terms of building understanding and generating debate."

McAdam continues to be active. She plans to move forward and continue to fight to protect her homeland.

She has moved back to the community to be closer to the land and to begin her campaign to be the next chief of the River First Nations.

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IN THE CITY

MAY 30, 2015 - 9:59 A.M.

A dip in the pond



Alisa Morse lifts a net from the water at a dipping pond while Steven Morse looks on during Wings Over Wetlands in Ripon. The all-ages festival offered free wetland and wildlife activities, entertainment and guided tours of the Wisconsin DNR's historic Chenequa wetlands. dnr.wisconsin.gov

ASK ELLIE

Address red flag issues before they become deal-breakers

Q. I met this woman online who seemed really nice and pretty. I wanted to meet her soon, though she lives a few hours away.

She insisted that we keep talking until she felt sure that I'm not playing her, because she's been hurt before.

We've texted, emailed, and phoned daily for a month. Now she says she loves me and is ready to be in a serious relationship.

But I'd mean a lot of travel back and forth, meeting each other's friends and new friends right away.

Is this way too fast for me?

A. It is too fast to declare love to someone she's never met in person.

She's trying to confirm a relation ship ahead of time.

However, you have some responsibility yourself for encouraging her when you wanted to meet soon, which had intense travelling.

Slow things down. Use Skype to show each other where you live and try, talk more about your interests,



Ask Ellie

etc.

If you decide to meet, make sure she understands it's not a casual meet, until you know each other better.

Q. I knew my fiancé was a good son, but now it's worrying me.

Anything I suggest, he discusses with his Mom and brings back her advisory opinion.

Anything I suggest, he discusses with his Mom and brings back her advisory opinion.

If I want yellow flowers, the green pink. If I want a small reception, she says we can't have and vice versa.

We're paying for our own wedding. But she wants to take it over and pay nothing? What's worse, he

goes along with it.

Monette-to-Law
A. The red flag isn't his mother; it's how he handles her.

Don't waste your energy being angry with her; she's been manipulating his decisions for years, and he's clearly not challenged her.

Tell him that now there's a need for him to draw boundaries as an adult with a partner so that you two can decide your own lives.

A wedding's traditionally the bride's day and she knows that. She's entitled to make suggestions, but not to override what you two decide.

If he agreed with you before as a small reception, that's it. Also, it's likely what you can both afford.

If she wants to host a large reception, at a later date, all at her expense, you and your fiancé could consider it. Or not.

There's no need to be mean or disrespectful, just firm about what you both can accept and what you cannot. He has to understand that either way, he "squares" and intrusions

can split your two apart.

Q. I was set up with this guy by a friend, who said he'd be a great match. When he called, he talked for an hour about himself.

On the "date," he talked all through dinner, and asked me very little. Later he asked if he expected to stay the night? I had to push him out the door.

The next day he apologized saying that he was already so sure we'd be a couple, he wanted to get together the next night.

I said I was going away for two weeks with a girlfriend. I never heard from him again.

Blind Date
A. It was all about him.

This was a red flag with flashing lights. He asked nothing, but likely assumed you had a boyfriend, denied you were lying, or at least ready to be introduced for that long.

Tell your friend that you'll meet your own dates. This guy doesn't want a match — he wants control.

attention.

Q. I've recently been texting a boy I knew my best friend and he texted a few months earlier and denied they were better as friends.

I decided I had to tell her I'd start not texting him. She asked if it was just as friends or more. I told her I didn't know. She now won't speak to me. People are telling me to stop her, but I've been with him, although it is bugging that I've ever been.

There wouldn't be anything between the two of them.

What should I do?

Uncertain
A. Apologize. Say you didn't mean to hurt her.

There are unspoken "rules" about going after someone that your friend liked, and you know this, but told her after the fact.

Texting isn't dating. It's a flirty way of testing a connection. He may only want to be friends, so it's not worth losing your best friend — or how she decides to lose you.

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ON THE SCENE

REGINA RIOT AT THE BISTRO

Live jazz and yummie desserts were part of an May 30 at the Regina Jazz Society presented Regina Riot at The Bistro located in Montreuil de Laval School.

The jazz society's last concert of the regular season before Jazzfest Regina's annual event, which runs June 17 to 21, featured a live dessert auction during intermissions.

Regina Riot includes Kevin Kasha on trumpet, Kurt Solano on alto/soprano saxophone, Scott Peters on trombone, Ken Johnson on piano, Drew Gory on tuba and Corey Taylor on drums.

The Regina Jazz Society has been promoting jazz in Regina since 1977.

QC PHOTOS BY MICHAEL BELL



ON THE SCENE



1. The Regina Race
2. Debbie Ploner and Job Franklin
3. Yasser Morgan and Mona Danesh
4. Concession items went around the desserts up for grabs
5. Bobbie and Whit Wyatt
6. Roy and Betty Chisholm
7. Bruce Alexander and Sheila Li
8. Rick Anderson and Susan Melnikov Anderson
9. (From left) Sharon Sanders (Shan Mahesh), Kevin Kuehn and Heather Ault
10. Maryn Mitchell and Pat Mulick
11. Brad Stenbom and Nicole Smith

Seventh Annual

JazzFest Regina

2015

June 17 to June 21, 2015

At City Park Plaza, FW Hill Mall, Hill Towers II, Southland Mall, & Wisconsin Bandshell

Wednesday Evening

at the Darko Hall TBD
\$30 Advance or \$35 at the door

Thursday Evening

Heavyweights Brass Band, Bushwacker Brewpub - \$15

Friday Evening

Chadine Jensen Big Band, Darko Hall - \$20

Saturday Evening

Little Miss Higgins - Ramada Oak Room - \$20

Father's Day Sunday Brunch

at the Ramada Plaza Ballroom with
Jodi Scott & the Regina Jazz Orchestra
Tickets: \$30/adults, \$15/7-11 years, 6 and under Free

Sunday Afternoon

Joyce Moreno, Ramada Plaza Ballroom - FREE Multicultural Day

Sunday evening

Dead South, Ramada Plaza Ballroom - \$15

Tickets available at:

Conexus Arts Centre, Barch & Beyond, www.jazzregina.ca (Paypal)

Brought to you by:



Watch for details at

www.jazzregina.ca and www.jazzfestregina.ca

RECIPES

What do you enjoy cooking during the summer months?
Email qc@leaderpost.com

#SUMMERTIME MEALS

Salad, simple and satisfying

By Sara Moulton

Summer time is salad time. When it's hot out and the garden is beautiful, everyone is in the mood for a light and refreshing entree salad.

And what could be easier? You just toss together a bunch of lettuce with some cooked proteins, add an excellent dressing and boom! You're done. Or not. Turn out that if you pay a little more attention to the components of the salad, you won't need to rely on the dressing to provide all the flavor. In fact, it's easy to make something wonderful.

Here's the basic formula for serving up salad: 1 cup of lettuce, a heaping 1/2 cup of halved cherry tomatoes, 1/2 cup of sliced cucumber, a quarter of an avocado (sliced), and 1 tbsp of dressing. The key, though, is to season each and every part one at a time and to do so at just the right moment.

It's also important to deal with the water. Vegetables contain a high percentage of water. If you remove some of that water, you concentrate and simplify the vegetable's flavor.

Let's start with the cherry tomatoes. You'll be amazed at how much more satisfying they'll taste after they've been salted and drained, preferably for 30 minutes. Cucumbers, likewise, become more satisfying with salting (though the salt also lessens their bite). If you care more about a cake's crunch than its flavor, skip the salting of those.

While the tomatoes and the cucumbers are draining, you should cut up the avocado. Put it in the bottom of the salad bowl, season it, and toss it with the dressing. This last step prevents it from oxidizing and turning a color like on the solution of carbohydrates as they become ready. To remove the pit from an avocado safely, cut it into quarters.

After rinsing the lettuce, spin it dry or gently pat it dry with paper towels. Dressing will slide right off of wet greens. Keep in mind that a variety of lettuce can make an



Tossed Salad 101 is perfect for when the weather is hot and the garden is beautiful. saraqc.com/recipes/tossed-salad-101

that just one kind and mixing to shake herb leaves with the greens makes a salad extra special.

After all of the components have been prepped and added to the bowl, sprinkle the greens with a little salt and pepper and toss the salad with your hands.

Lettuce becomes easily. Your hands are exactly the right tool for this delicate job. Now that your basic salad is dressed and ready to go, top it off with grilled chicken, shrimp, beef, pork or tofu to turn it into a substantial summertime entree.

Tossed Salad 101

Serves 4 (30 minutes) (30 minutes)

- > 1 1/2 cups cherry or grape tomatoes
- > 1/2 cup salt
- > 1/2 cup cucumber
- > 1/2 cup ripe avocado
- > 1 cup lightly packed torn lettuce
- > 1/2 cup black pepper
- > 1/2 cup dressing

INSTRUCTIONS:

1. Set a wire rack over a rimmed baking sheet.

2. Halve the cherry tomatoes and arrange out side up on the wire rack. Sprinkle the cut sides liberally with salt. Let them drain for 30 minutes. Let stand for 30 minutes. Peel the cucumber if it has a thick skin. Halve it lengthwise, then slice it thinly crosswise. Toss the sliced cucumber with some salt and let drain in a colander set in the sink for 30 minutes.

3. Quarter the avocado, remove the pit and lay the avocado, skin side down on the counter. Using a paring knife, make a cross-shaped pattern in the flesh in 1/4 inch cubes, cutting

down to the skin. Use a spoon to lift out the cubes and transfer them to a salad bowl. Sprinkle the avocado lightly with salt and toss gently with a fork. Add the dressing and toss again.

4. When the tomatoes and cucumber have sat for 30 minutes, pat them dry with paper towels and add them to the bowl with the avocado. Add the lettuce, sprinkle with salt and pepper and use your hands to toss the salad very gently just until the leaves are coated. Serve immediately.

The Associated Press

#CROSSWORD

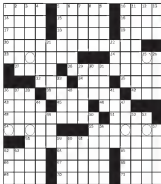
NEW YORK TIMES Edited by MW Shortz

ACROSS

- 1 Commencement of Bush's second term
5 Play of Mozart's last piano-sonatas
10 Acrobaticist (6)
14 1990s TV hit
15 French baron and chocolate innovator
16 _____
18 Second film about emerging maple
19 Spanish lady
20 Resident of 23 Avenue Mount
21 Midweek day
22 1960s, present reality in the United States
23 At dawn the lake, say
24 Indian points
27 Camer's drink
28 Latin, prehistorically
32 Quiet
34 _____, 1960s, vague or an
35 Jacques's French address
36 Easy question
39 Nick, CRK, LONK or CRUK, prehistorically
42 Carbon city
43 Same next step finally
48 Not quite the majors
49 Joe's initials
50 1960s, geometrically
51 Walk, sped
54 "Make Up Your Mind"
55 On the road part
56 (GOLF) geometrically
62 One egg? (6)
64 Chaplain's wife
65 Can be killed
66 Central of suburbs
67 Quicker
68 99 Lufthansa's "smile"
69 1960s, one in a line
70 Induced
71 Hobbies of an oldster?

DOWN

- 1 Biting male and female of waterbeds, singly
2 Whipped sweet
3 Jet setting
4 Artist, famously
5 Starboard half of
6 French coach
7 Gem (6)
8 1960s, French artist
9 _____, plastic
10 Wind-blown water effect
11 And a second
12 Incidental remark
13 To see music
14 _____
15 Commensurate activity
16 Increase to a base number
17 We also flourish



PUZZLE BY DAVID LEVINE

#JANRIC CLASSIC SUDOKU

Levi's Theme

Fill in the blank only using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 23.

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ONE DRINK TOO MANY CAN TAKE THE FUN OUT OF A GOOD TIME REAL FAST.

One drink too many, too often, can wreck a good relationship. It can ruin a family, destroy a career, or kill someone on the highway.

Take a responsible approach. Consider alternatives to alcohol. Plan events around family and friends without alcohol. And have a great time!

Your friends and neighbors at the Leader-Post thank you



NONE FOR THE ROAD

—A Message of Moderation From the

LEADER-POST

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, June 3

Wednesday Night Folk: The Six Songwriters Bureau Showcase
Featuring: Neil Child, Regan Hinchcliff, Dustin Ritter, David Cruz Malloy, Damien Forbes, Rebecca Lescar and Mark Wilson.
Buschwick, 2206 Dewdney

The Allay Ganga
Lezafski's, 2330 Albert St.

Open Jam
6-10 p.m. Eastview Community Centre, 613 6th Ave.

Harlequin, Devonish
McNally's, 2226 Dewdney Ave.

Thursday, June 4

Live music
Fat Badger, 1032 South St.

Slawazak, Reinhold Borries, I Am the Mountain
McNally's, 2226 Dewdney Ave.

Kanaka
8 p.m.-2 a.m. The Spa, 306 Albert St.

Friday, June 5

Weekly Drum Circle
Instruments provided.
7:30-9 p.m., The Living Spirit Centre, 3015 Dean St. Call Mike, 306-552-3391.

Kanaka
8 p.m.-2 a.m. The Spa, 306 Albert St.

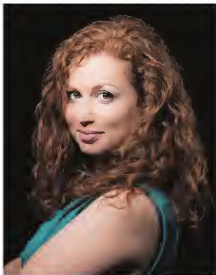
Sean Burns Band
McNally's, 2226 Dewdney Ave.

Alan Bondera
Edmonton, 2360 Dewdney Ave.

Alyssa
O'Hare's, 1947 South St.

Saturday, June 6

Open Acoustic Jam



Rebecca Lescar is part of a songwriters' showcase at Buschwick on Wednesday.

3:30-8 p.m. Broadway's Lounge
1307 Broadway Ave.

Live music jam
All types of music welcome.
Hosted by Kimi Kristina.
6-8 p.m. The Spa, 306 Albert St.

Kanaka
8 p.m.-2 a.m. The Spa, 306 Albert St.

Sean Burns Band
McNally's, 2226 Dewdney Ave.

Anderson Burko
The Arsenal, 2627 13th Ave.

Alex Rantona
Edmonton, 2300 Dewdney Ave.

Roady Staburt
The Pump, 641 Victoria Ave. E.

Sunday, June 7

Proudly Saskatchewan Showcase
OCRM talent contest.
178 p.m. The Exchange, 2431

8th Ave.

Open Jam
3-8 p.m. Mojo Club, 639 Victoria Ave.

Kanaka
8 p.m.-2 a.m. The Spa, 306 Albert St.

Monday, June 8

Monday Night Jazz & Blues
Calvinia Mitty
Buschwick, 2206 Dewdney

Kanaka
8 p.m.-2 a.m. The Spa, 306 Albert St.

Tuesday, June 9

Kanaka
McNally's, 2226 Dewdney Ave.
Anna Louisa Bennett, Chris Steele
The Club at the Exchange
2431 Eighth Ave.

Christopher James Gullin, Kirby
O'Hare's, 1947 South St.

VISUAL ART

All Things Confluence

An interactive community project about the wholeness and interdependence of life on Earth. Anyone who wants to make a panel is invited to do so—those panels will then be integrated into the wall and ever-growing collection.
Until June 3, Dundas Art Gallery—The Willow Village Branch, 9101 Maclellan Blvd.

Annotated Topography of Place

This exhibition by Amber Phlox Boudreau is a poetic combination of personal experience, reflection and iteration of places, spaces, people and things from recent journeys and environments it influenced by the 1962 novel *An Annotated Topography of Chance* by Fluxus artist Daniel Spoerri.
Until June 5, Hugel Gallery, Creative City Centre, 1843 Hamilton St.

David Thauberger: Paintings and Prints

Thauberger creates compositions that capture small bits of homes, small-town business, prairie landscapes and deep mountain lakes in vibrant colours and clean, careful lines.
Until June 6, Slate Fine Art

Gallery, 2270 Hallett St.

Angie Morgan: The grain of truth in a very tall tale
Until June 13, Astoria-Gallier, 2206 South St.

Into the Forest

This exhibition features the work of three Saskatchewan artists who draw their inspiration from an intimate connection with nature.
Wesley Bent, Ward Schell and Hazel Zahedi.
Until June 29, Art Gallery of Regina, 2430 Saskatchewan St.

Bird is the Word

Featuring works by Heather Cline, Gert Ann Bæk, David Gensies, Manka Karmaly, Christine Kennedy and Anita Karaman.
Until July 4, Male Gallery, 101-2320 Broad St.

Seth Dominion

The exhibition, ever-expanding week-by-week, is part of the movement's Canadian portfolio. Seth Dominion embodies the confidence of many communities post-Depression and Second World War era, when the North American economy expanded, manufacturing spread, and many cities were characterized by levels of civic engagement rarely seen today.
Until July 5, Daniel Art Gallery—Central Branch, 2311 12th Ave.

A Bolden Verneau: The Landscape Paintings of Louisa Fleckner

The first overview of this extraordinary career of Louisa Fleckner (1896-1974), an itinerant painter who sold thousands of variations of self-identified serene landscape paintings in national parks, resorts, department stores and bars across Western Canada from the late 1920s through the early 1960s.
Until Aug. 9, McNickel Art Gallery, 3415 Albert St.

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Summer Festivities in Contemporary Canadian Film Art

The Artists of Scott Nicholson Film Arts
Until July 31 Regis Centre Crossing, 1621 Albert St.

Dinnerware

The Saskatoon Craft Council's blended junk-as-art features work in ceramics, textiles, metal, glass and mixed media.
Until Aug. 16, MacKenzie Art Gallery, 3475 Albert St.

David Thauberger: Road

Trips and Other Disasters
This exhibition presents a dynamic installation examining key themes and working processes, developed throughout Thauberger's more than 40 years as a maker and thinker.
Until Aug. 23, MacKenzie Art Gallery, 3475 Albert St.

Rose-Colored Glasses

Sweetness with a dash of bitter, this exhibition created by university students includes artworks that force vibrant pathways into the imaginary.
Until Sept. 7, MacKenzie Art Gallery, 3475 Albert St.

Heard Ground

#203-1510 South St.
Open Thursday to Saturday, 11 a.m. - 5 p.m.

Housewreath Gallery

2116 Albert St.
Open Thursday to Saturday, 10 a.m. - 5 p.m.

Goldend Ollie and Fine Arts

Ollie and his paintings by Christine artists Lingtao Jiang and Huanyi Tian.
3312 Smith St. Open Monday to Saturday 10 a.m. - 5 p.m.

COMEDY

ThaLaugh Shop

Live standup every Saturday night, 9:30 p.m.
Kowanda Hotel, 1816 Victoria Ave.



Carmen Mary Pappas on stage at the Globe Theatre. QC PHOTO BY JEFF GORDON/STAFF

PERFORMANCE

King of Pops: The Music of

Johnny Cash
Globe Theatre production.
Until June 12
Casino Regina Show Lounge
1650 Saskatchewan Dr.

Living Poets Society

Spoken word open mic night every Tuesday, 8 p.m.
Hookah Lounge, 2115 Broad St.

Mary Pappas

Until June 21
Globe Theatre, 1601 South St.

DANCING

Friday Night Darning

Hosted by Adult Social Dance Group. \$5 per drink includes tea and coffee.
Every Friday, 8-10 p.m.
St. Mary's Anglican Church, 3337 10th Ave.

Conjuringman Singles Social

Club dates
June 5, 8 p.m. - 1 a.m.
Kaglan Club Hall, 1600 Halifax St.

SPORTS

Points Gold Junior Lacrosse

Reflexive Blast
June 4, 8 p.m.
Wickenburg Arena, 1827 Amazon St. N.

Red Sox vs. Mets

June 5, 7 p.m.
Civic Field

FOR FAMILIES

Stairs and Strollers

Wednesday, 11 p.m.
Clingman Odeon Southland Mall, 3025 Gordon Rd.

Kids & Differences

Combat bullying through

beliefs, spread kindness with a cookie.
Wednesday, 5-7 p.m.
Sweet Ambrosia Sales/Events, 230 Wilfrid St. N.

Drop-in crafts and gym

Free event for youth aged 5-18.
Thursday, 4-6 p.m.
Saskatoon Community Centre, 615 6th Ave.

Drop-in Indoor Playground

Friday, 9-11 a.m.
South Leisure Centre, 170 Sunset Dr.

Mom and Tot Based Meetings

Hosted by Kate Murray: 305-218-2151.
Friday, 10:15-11:30 a.m.
Early Learning Family Centre, Scott Collegiate, 3350 7th Ave.

Build and Grow Clinics

Build a special feature project.
For children ages 5 and up.

Saturday, 10 a.m.

Lowes, 4555 Gordon Rd.

Michael's Kids Club

Saturday, 10 a.m. meet
2068 Prince of Wales Dr.

Family Resources Film

Enjoy a favourite film for just \$2.50.
Saturday, 11 a.m. Galaxy Cinema, 420 McCarthy Blvd. N.

Family activities

Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2003 Powerhouse Dr.

Parent and Preschooler

Jungle Gym
Mon-Wed, 9:30-11 a.m.
At Whistler Family Wellness Centre, 4451 16th Ave.

Science Time for Kids

Interactive workshops aimed at early learners.
Tuesday, 9:30-10 a.m.

Saskatchewan Science Centre

2003 Powerhouse Dr.

Family Studio Sundays

Sunday, 2-4 p.m.
Neighbour Art Gallery, 3475 Albert St.

Drop-in crafts and gym

Free event for youth aged 5-18.
Tuesday, 4-6 p.m.
Kaglan Community Centre, 615 6th Ave.

MUSEUMS

Alta Youth School Museum

1000 Fourth Ave.
Open by appointment only
(306-523-3600)

Civic Museum of Regina

1315 Broad St.
Tuesday-Friday 10 a.m. - 4 p.m.
Saturday noon - 4 p.m. Closed Sunday and Monday

Government House Museum

At Heritage Property
4507 Dewdney Ave.
Tuesday to Sunday, 9 a.m. - 4 p.m.

ICMCP Heritage Centre

2907 Dewdney Ave.
Open 11 a.m. - 3 p.m. daily

Regina Firefighters Museum

1211 1st Ave.
Open by appointment (306-777-7743)

Regina Floral Conservatory

1405 10th Ave.
Open daily, 1-4:30 p.m.

Saskatchewan Military Museum

1000 Elphinstone St.
Open Monday and Tuesday, 2-9 p.m., or by appointment (306-347-9343)

Saskatchewan Science Centre

2003 Powerhouse Dr.
Tuesday-Friday 9 a.m. - 5 p.m.
Saturday-Sunday and holidays, noon - 5 p.m.
Closed Mondays

EVENTS

What you need to know to plan your week.
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Boyal Saskatoon Jewish Museum
2445 Alvin St.
Open 3:30 a.m.-5 p.m. daily

Saskatchewan Sports Hall of Fame
2203 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m.
Closed weekends.

HATTER HAPPENINGS

Twiles Farmers' Market
Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, 12th Avenue and South Street

Drumbeat Heritage Fair
June 2, 10:30-1:30 a.m.
Downsview House, 4807 Denison Ave.

SCMP Regional Major's Parade
Wednesday, 12:45 a.m.
RCMP Depot Division, 2600 19th Ave.

AB Nations Healing Through Art
11 a.m. to play music, dance and perform in free arts-based workshops; cultural teachings and a playmaking workshop. For people ages 12 to 22 m. and over.
Wednesdays, Mondays and Tuesdays: 5-7 p.m. (supper 4-5 p.m.)
YMCA, 1940 McIntyre St.

Monthly ALES Meeting
Beer and food pairing. New members welcome.
June 2, 8 p.m.
Bustle & Brew basement club room, 2206 Denison Ave.

Women: A Festival of Culture
June 4, 5-10:30 p.m.
June 5, 5 p.m.-midnight
June 6, 2 p.m.-midnight
Twenty locations around Regina.
Visit www.reginawomen.ca or for more information

Shoppers Drug Mart Run for Women
In support of women's mental health: 5K or 10K walk/run. Men welcome.
www.runforwomen.ca
June 6, 8:30 a.m.
St. James Park, Elphinstone Street and 14th Avenue



Musée de l'Indien du Centre takes place Thursday through Saturday around Regent. COURTESY OF MUSÉE DE L'INDIEN DU CENTRE

CJTS Music Garage Sale
Fundraiser for community radio station.
June 2
CJTS, 608 8th Ave.

Discover a Boreal New You
Holistic Healing Spirit Expo. Experience alternative healthy ways to heal the body, mind and spirit. Hosted by Angel Spiritual Connection Healers.
Healing Centre & Health Spa, 55, June 2, 9 a.m.-3 p.m.
Huala Valley House, 2035 Victoria Ave.

The Walk to Fight Arthritis
June 7, 9 a.m.-noon
Canada Games Athletic Complex, 2025 McDonald St.

Big Age
Regina Humane Society fundraiser.
June 7, 1 p.m.
Worcester Centre, Queen Elizabeth I east lawn

Beauty (Pink) PubTrivia
Every Tuesday, 7 p.m.
The Lancaster, 4328 Gordon Rd.

Seminar
Planning for the death of a spouse or loved one, and health-care decisions that should be made before death

55
June 7, 9:30 p.m.
Gale Memorial, 2935 Reserve St.

Chewday Challenge
Drop-in gathering of boardgame enthusiasts.
Every Tuesday, 6 p.m.-midnight.
Boston Plaza, 545 3rd St. SE.

The Culture of Central Library
Presentation and discussion on last summer's public consultation and an announcement of the relocation of the Central Library building. Hosted by Friends of the SL.
June 9, 7 p.m.
Cathedral Neighbourhood Centre, 2920 13th Ave.

FILM

Elephant Song
Drama.
An earnest psychiatrist searches for his office, and the last person to see him is Michael (David Deler), a troubled patient obsessed with all things elephant. The hospital director, Dr. Greene (Bruce Greenwood), is called in to help. He tests an interviewing Michael (describe the new minds of Nurse Peterson (Catherine Keener), who understands the devastating loss that still haunts Dr. Greene.

The Exile
Thriller.
Six years after the violent death of her husband, Amelia (Ewan Gerd) attempts to discipline her out-of-control six-year-old Samuel (Jacki Weaver). Convinced that a monster from his nightmares wants to kill them both, Samuel is motivated by his mother until she recognizes her son's hallucinations may be real.

Reggie Public Library Theatre
2210 13th Ave., 306-777-6644

Orion 3D: Humanity 1944
Documentary.
On June 6, 1944, the largest Allied operation of the Second World War began in Normandy, France. This film provides a new, pioneering look at this moment in history, blending multiple cinematic techniques including animation, CGI, and live-action images.

Journeys to the South Pacific
Documentary.
Narrated by Cate Blanchett, this is a love/hate adventure to the lush tropical islands of remote West Papua, where life flourishes above and below the sea. Join Jewi, a young island boy, as he takes us on a jour-

ney of discovery to this magical place where we encounter whale sharks, sea turtles, mantarays, and other iconic sea creatures of the sea.

Jewellers
Documentary.
An inspiring and eye-opening tour of one of the world's oldest, yet most intimate cities. Destroyed and rebuilt countless times over 3,000 years, Jerusalem is enduring upheaval making a mystery. The film follows three young Jerusalemers and their families — Jewish, Christian and Muslim — as archaeologists Dr. Zvi Magen explains some of the most extraordinary historical sites in the region. Narrated by Israel's first Cumberbatch.

Kramer vs. Kramer
2002 Powerhouse Dr.
306-522-6679

NEW MOVIES

Invidious Chapter 3: Honor
This prequel to the first two films reveals a violent teenage girl whose family is torn by the horrors of The Further.

Appl
Comedy.
A former partner falls off the grid and another step agent is compromised, unraveling a dark-bound CIA envier (Willis Newkirk) volunteers to go deep undercover to infiltrate the world of a deadly arms dealer, and prevents a global disaster. Starring Jason Statham, Jude Law, Ben Barnes.

Galaxy Cinema
420 McDermid Blvd. N.
306-522-6696

Chapex Odeon
306 McDermid Blvd. N.
306-522-6696

Albion Cinema
306 McDermid Blvd. N.
306-522-6696

Events listings are a free community service offered by the Leader-Post. Please contact the publisher for more information.

GARDENING

GARDENING IN SASKATCHEWAN

Plant milkweed to attract monarch butterflies

By Sara Williams

If you're worried about the survival of the monarch butterfly in your part of the world, why not add some prairie or swamp milkweed to your flower borders? The butterfly milkweed (*Asclepias speciosa*) is given much wider publicity in books and garden magazines, however it doesn't survive in Zone 3a of the Prairies whereas the swamp milkweed will.

The monarch butterfly (*Danusa plexippus*) is one of the best known but most threatened of the butterfly species in North America, in Canada. It is a Species of Special Concern (www.sarccentre.gc.ca). The monarchs that migrate from Eastern Canada and the Prairies in late summer/early fall travel more than 4,000 kilometres to their wintering grounds in Mexico. It is estimated that about 96 per cent of these tiny black, orange and white butterflies have disappeared in the last 10 years. Loss of habitat due to urban sprawl, logging and agriculture in all parts of its migratory route — perhaps most importantly in its overwintering habitat in Mexico — is the major cause of its decline.

In Canada, the female monarch deposits her eggs exclusively on the lower leaf surface of milkweeds. The larvae hatch three to five days later with food in every mouth: the milkweed leaves on which they hatchback. Over a period of a few weeks they shed their skin four times, increasing in size each time.

After pupating as a chrysalis for a further two weeks it emerges as an adult butterfly at which stage it can feed on the nectar of a number of different flowers other than milkweed (including combed tooth as Alyssum, marigold and zinnia). Over a season up to two to three generations are produced in Canada.

The first generation that emerges at the end of the summer feed on nectar to build up their energy for the big migration. As native milkweed species disappear from once cultivated land so does the food source of the monarch butterfly larvae. And so their numbers decline. Your planting of milkweed will help provide a more continuous source of food along the lengthy migration path of the monarch, but there's more.

For a plant with the common name of swamp milkweed, this perennial is exceedingly fly drought tolerant and vigorous in the driest of situations. They will spread (by rhizomes) if conditions are to their liking. If that hap-



Monarch butterfly on swamp milkweed. Photo by copyright to plant.

pens and it's not to your liking, plant them in the back time.

Milkweed from Nova Scotia to southwestern Saskatchewan. Its genus name is from the Greek cathaple, the pad of medicine, referring to its ancient medicinal properties, while its scientific name (Asclepias) means milk pink and describes the flowers.

The showy white or pink flowers are born on 80 to 90 cm stems in early summer above 15 cm alternate leaves. Several cultivars are available: 'Dorothy Rose' has rose pink flowers; 'Vanderella' is a dusty rose-pink 'Millennial' and 'Ice Ballet' both have white flowers. Both male has white flowers with rose pink levels. Short seeds about six weeks prior to planting outdoors. Use a well drained potting mix-

din, covering seeds with about three cm of the media. Then under tinned lights or in a sunny window. Germination should take place within two weeks. Transplant seedlings into biodegradable pots. Give them time to establish themselves before planting outdoors in full sun.

Swamp milkweed is a good border plant or in a bog garden and they make excellent cut flowers.

Sara Williams is the author of the newly expanded and revised *Creating the Prairie Xscape: Gardening, Naturally: A Chemical Free Landscaping Guide for Prairie and the Southwest*. Join Sara Park & Zoo. A Photographic

History Sara will be leading a garden tour to Great Britain in May 2016 and co-leading, with Melissa Elliot, a tour of France and Spain of Ireland in July 2017. Call Sarah (303-778-9175) for more information.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca, saskperennial@saskperennial.ca). Check out our bulletin board or calendar for upcoming garden information sessions: U of S Plant Plant Sale (June 2), Labour & Learn (June 4, 5), Garden Fair (June 14).

GardenLine is open for the season to solve your garden problems: 306-566-5665, gardenline@sask.ca

OUTSIDE THE LINES



Colouring contest

Each week, artist Stephanie McKay will create a *Snakes & Ladders*-inspired illustration meant to provide lots of fun for all ages.

Children can colour the picture, have a picture taken with the finished product and email it to qc@leaderpost.com.

One winner will be chosen each week. Please send high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Olivia Hogg**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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WINE WORLD

SUMMER COCKTAILS

A sophisticated drink to match grown up tastes

By James Romanow

If you were to wander through the Embassy district of Rome around sunset, you would see very few people with small iron tables and red bowls. Instead, the patios will consist of elegant young women, wearing simple black dresses, high heels and dark glasses. Their "one stop" drink costs a couple of thousand dollars, which is a good part of why it looks so elegant. In front of each young woman you see a glass of Prosecco, or maybe a white wine. When the women are older and a bit more confident, their beverage reflects their complexity. An often so not it, is a Campari or an Aperol.

These are niche beverages outside of Italy. Born of vermouth, a medicinal tonic from the Middle Ages, it contains cinchona bark to keep you malaria free. There are other species and flavours, including grappa (and grappa-for-me) (most important in Argentina killed). The result is a very complex, somewhat sweet beverage. As soon as I can tell, Aperol was invented to have less alcohol content than Campari (about half as much).

It's usually drunk as a spritzer, cutting the alcohol much further and making for a very pleasant pre-dinner drink. Another popular Italian drink, the Negroni, is gin, vermouth and Campari. A quick word is just to substitute the Aperol for the Campari. Go on the page



gin and Aperol make if you prefer.

No matter how you drink it, this is a complex and interesting beverage with a flavor profile completely unlike anything you're going to find on the "bar menu" list in those restaurants. If you find yourself desiring a more sophisticated drink (to match your Verano?) give it a shot.

Aperol aperitif, \$26. ***

Red wine next week here and on Monday's page and always on Twitter @jromanow

Crossword/Sudoku answers

ACHS	BFLAT	USED
NOAH	RESE	TIVO
BONA	ERNIE	IDES
RIGHT	TRANGLE	
ONADATE	TINES	
GROG	TRAPEZOID	
HUM	OVO	ETNA
LOS	POLYGON	EER
IRAS	AAA	NEO
BLACK	ANGUS	GOVE
NOBLE	BARRELL	
PARALL	LOGRAM	
CHAR	WAVE	OTIC
BEIN	ODDER	NENA
OWNS	LEANT	EXES

5	2	3	7	9	6	4	8	1
8	9	1	4	3	2	5	6	7
6	4	7	5	8	1	9	2	3
1	8	2	9	7	5	6	3	4
3	6	5	8	2	4	7	1	9
4	7	9	6	1	3	8	5	2
2	5	6	3	4	9	1	7	8
7	1	4	2	6	8	3	9	5
9	3	8	1	5	7	2	4	6

ARTS & LIFE

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